

Pacific Center for Naturopathic Medicine

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PROTEIN FOODS

These entrée foods provide one serving of protein, approximately 10-20 grams:

- 4oz tofu
- 4oz tempeh
- 4oz seitan
- 1 cup of cooked beans, lentils, split peas or bean dip (e.g. hummus)

- 3-4oz fish or seafood, or lean poultry, beef, lamb, or game:
ideally organic hormone- and antibiotic-free
- 2 organic eggs: " " " " " " " "

These foods provide a little extra protein, though they are not considered full protein servings:

- 2 Tbs organic rice, hemp or organic soy protein powder

- 1 cup high-protein soymilk,
e.g. Organic Valley or Edensoy brands,
providing 7-10 grams of protein per 1 cup

- 1/2 cup organic soy nuts

- Organic peanuts & peanut butter
- Soy yogurt
- "Field roast" (a lentil, seitan & vegetable combination)
- Soy "burgers" and sausages